

## PACAF CSS ensures security for all

**Story and photos by  
Staff Sgt. Sarah Kinsman**  
Kukini Editor

Most Air Force members know who to call when they have a computer problem, their client support administrator. Members also know when their CSA can't figure the problem out, they call the 15th Communications Squadron help desk.

For the most part, people don't know where it goes from there. Imagine someone trying to hack into an account. What happens when that is reported to the 15th CS? Who handles it from there?

The answer is the Pacific Air Forces Computer Systems Squadron. They pass information up to the Air Force level and pass information from the Air Force level down to Pacific bases.

"We drive the networks," said Maj. Donald Cloud, PACAF CSS deputy commander. The unit's mission is to "connect warfighters in all PACAF bases."

The PACAF CSS teamed with each base's communications squadron makes sure the mission is able to get accomplished by providing the communication tools

necessary to accomplish the mission.

"We provide all bases with the Global Command and Control System and the Theater Battle Management Core System (TBMCS)," said the major. GCCS flows the supplies through.

"It's how we go to war," said the major. "TBMCS is how we execute the war." The Air Operations Centers use TBMCS to fight air wars.

Another mission amongst the many of PACAF CSS is making sure all theater communication is up to date and operational. PACAF CSS sends patches through to the PACAF bases along with anti-virus updates ensuring each base is current on it's security against intruders.

"Something people don't know is how often people are trying to hack into our networks," said the major. The networks are continually updated and the implementation of the common access card readers on each computer is just one way of making it more difficult for hackers to get it," said Major Cloud.

One common complaint with the new CAC policy is the inability to check email



**Senior Airman Patrick Teel, Pacific Air Forces Computer Systems Squadron, plugs cords into a Theater Battle Management Core System. PACAF/CSS manages TBMCS for all PACAF bases as well as the Global Command and Control System.**

on the web from home, according to the major. Although it may be inconvenient for members, it is an important part in information security.

"People need to understand there are adversaries collecting intel on us right now," said the major. "Getting a username and password is easy and from there it's not difficult to get administrative access. The CAC card makes it more difficult.

"Either allow our enemies to know our plan or get web access, which is more important?" asked the major.

Something many Hickam members may not know is how many Airmen straight from technical training are assigned to this unit. This unit has a very important job and it's a stressful one,

so imagine how much work it takes for Airmen straight out of technical training who've been in the Air Force only six months.

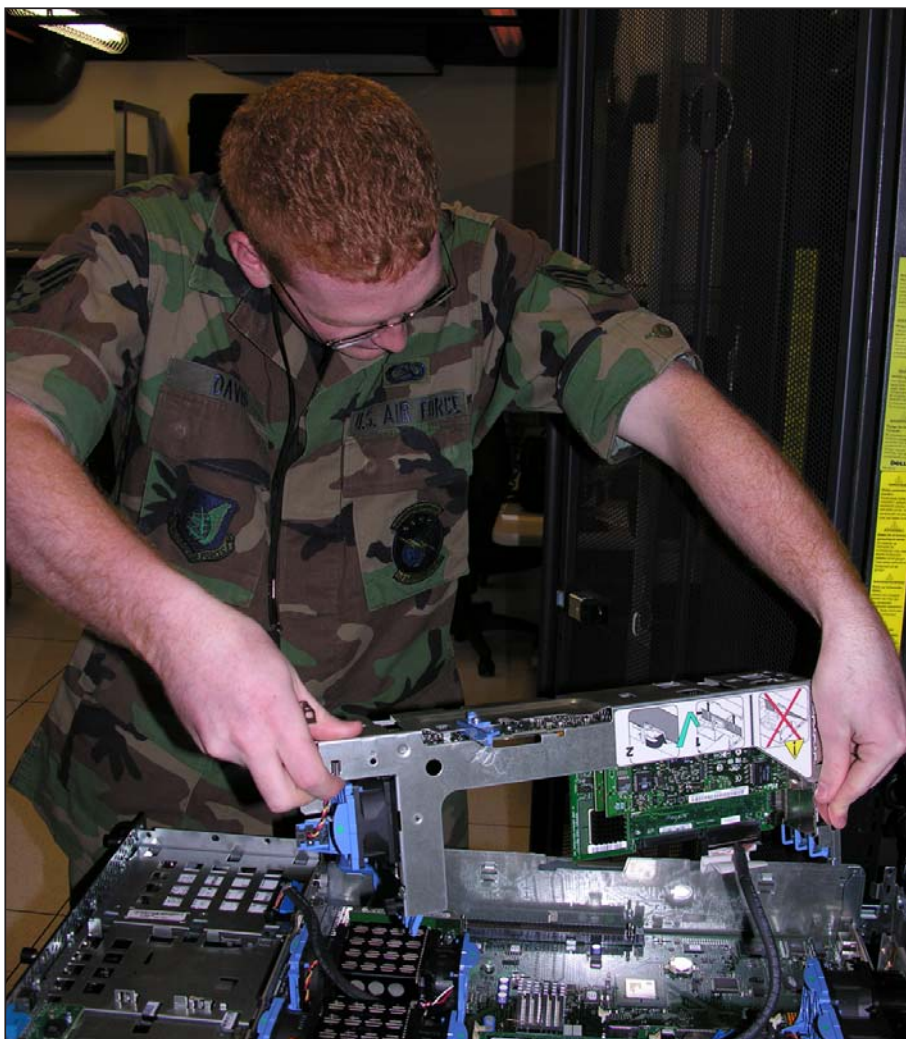
"Because of the job, I got right into it and didn't really think about the level I was at," said Senior Airman Patrick Teel, PACAF CSS. "I like the people and I like my job. My brother is assigned to this unit too."

"I like to comradeire of the unit," said Senior Airman Alvin Davis. "Everyone comes together to work on a problem."

The unit has an extensive training program to set these new Airmen up for success from the day they step foot in the door.

As many people understand, these more than 200 people assigned to the unit

have a thankless job that is very important to each Team Hickam member. Next time you're logging onto your computer remember who helped get those patches through to each base to ensure our communications are safe, our plans are secure and our lives are not jeopardized by the enemies ability to hack into the system.



**Top left: Senior Airman Tara Newcomb, PACAF CSS, completes system checks on a GCCS. Left: Senior Airman Alvin Daves reseats a PCI expansion card for a TBMCS server. Above: Staff Sgt. Randall Ward (in front) and Tech. Sgt. Rene Barajas, PACAF CSS, prepare for a PACAF training class. Sergeant Ward adjusts a transmitter while Sergeant Barajas closes a transmission line switch.**



# Crossword Puzzle: What a Relief

**By Capt. Tony Wickman**  
71st Flying Training Wing  
Public Affairs

**ACROSS**

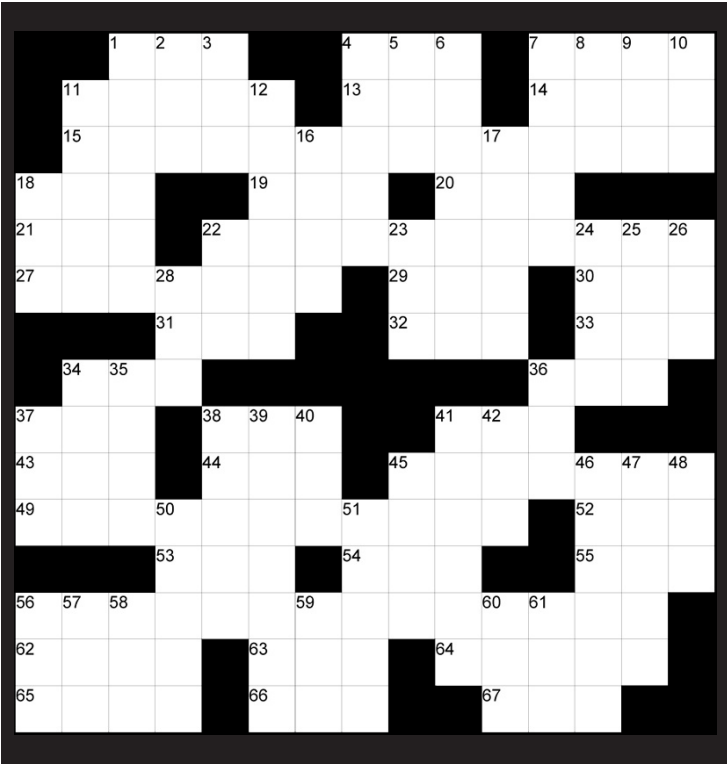
1. Accord or Escort
4. Guitar player need
7. Crazes
11. Wise ones
13. North American fish; needlefish
14. Date to beware for Caesar
15. 1991 humanitarian relief mission in Iraq
18. Operation \_\_\_\_ Angel; 1991 humanitari-an relief operation in Bangladesh
19. Jog
20. \_\_\_\_ Shorty
21. Galoot
22. 1992 humanitarian relief mission in Somalia
27. “\_\_\_\_Arms;” com-mand to salute
29. Horse food
30. Embroider
31. Asner and Norton
32. U.K. equivalent to U.S.S.
33. Confederate general
34. Dramatize
36. Internet provider
37. Gun lobby
38. Compute
41. Director Howard
43. Knee ligament, in short; common sports injury
44. Zodiac sign
45. Nickname for D.C.
49. 1999 humanitarian relief operation in Koso-vo
52. Pie \_\_ mode
53. \_\_\_\_ Ghraib
54. Army equivalent to OPR
55. Edge
56. 1992 humanitarian relief operation in Yugoslavia
62. Radiance
63. Before, poetically

64. Kitchen wrap
65. Fishing item
66. ER attendants
67. Inexperienced

**DOWN**

1. Decanter
2. A long time \_\_\_\_...
3. Gun the motor
4. Government represen-tative
5. Actor Bernie \_\_\_\_
6. Schedule
7. The \_\_\_\_ Element
8. Stir
9. German article
10. Concorde, in short
11. Skewer
12. Sea nymphs
16. Cloud of fine, dry particles
17. Coincides
18. Drench in a liquid
22. Ssea between Africa and Arabian Peninsula
23. Cry of satisfaction
24. Norwegian capital
25. \_\_\_\_ off; doff
26. Ram’s mate
28. Place
34. St. Louis landmark
35. Columbian city
36. Picnic pest
37. USN equivalent to AFB
38. Excuse
39. Disrobed
40. Pet
41. Copies
42. Bullring cheer
45. Dutch settler in Africa
46. \_\_\_\_ Pact; NATO opponent at one time
47. Foreigner
48. Sweet potato
50. History or ship pre-ceder
51. \_\_\_\_ and dreams
56. Even score
57. Lament
58. Mining goal
59. Mistake
60. Damage
61. Retirement acct.

See SOLUTION, B4



## AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

**Today and Thursday 7 p.m. and Sunday 2 p.m.**

**Superman Returns** – Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth—but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Starring Brandon Routh and Kate Bosworth. Rated PG-13 (some intense action violence).

**Saturday and Wednesday 7 p.m.**

**Click** – A workaholic architect, who has been overlooking his family in favor of his career, comes across a universal remote that allows him to perform TiVo-like functions on his life, such as pausing events of fast-forwarding over them. When the remote begins creating its own memory and the man sees how much of his personal life has passed him by. Starring Adam Sandler and Christopher Walken. Rated PG-13 (language, crude and sex related humor and some drug references).

**Sunday 7 p.m.**

**Waist Deep** – “I’ll always come back for you,” single father 02 tells his young son Junior. This parental promise is put to the test when 02 is suddenly plunged into a do-or-die situation; trying to go straight for Juniors sake, this recently paroled ex-con is forced to go back outside the law after his son is kidnapped in a carjacking. Starring Tyrese Gibson and Meagan Good. Rated R (strong violence and pervasive language).

## CHAPEL

*Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.*

## PROTESTANT

Nelles Chapel  
Sunday Contemporary Ser-  
vice 8:30 a.m.

Sunday Gospel Worship  
11:15 a.m.

Sunday Praise Gathering  
5:30 p.m.

Chapel Center  
Sunday Traditional  
8:30 a.m.

# JEWISH

Aloha Jewish Chapel,  
Pearl Harbor  
473-0050  
Jewish Lay Leader

Mr. David Bender  
527-5877  
Naval Station Chapel  
473-3971

# CATHOLIC

Nelles Chapel  
Weekday Mass  
11:30 a.m.

Saturday Confessions  
4:15 p.m.

Saturday Mass 5 p.m.  
Chapel Center

Sunday Mass 10 a.m.

# ISLAMIC

Friday Congregational Ser-

vice  
(1935 Aleo Place,  
Punahou)  
1 p.m.

Muslim Association  
of Hawaii  
947-6263

## BUDDHIST

Honpa Hongwanji Hawaii  
Betsuin A Shin  
Buddhist Temple  
536-7044

# ORTHODOX

For more information,  
call 438-6687

# Team Hickam History

## The Air Force's most historic airfield

**Aug. 4, 1914** – Battery Selfridge is completed at Fort Kamehameha, with two 12-inch disappearing guns installed and is officially turned over to the Coastal Artillery.

**Aug. 11, 1961** – Vice President Chen Cheng of Nationalist China arrived at Hickam on U.S. presidential aircraft “Columbine” on his way back to Formosa after a visit with President John F. Kennedy. A 19-gun salute and other suitable honors were observed at Hickam.

**Aug. 6, 1970** – Air Force families began to move into the first units of the new Ohana Nui housing at Hickam.

**Aug. 3, 1981** – Members of the Professional Air Traffic Controllers Organization called a nationwide strike, which affected air traffic in and out of Honolulu International Airport. The FAA used Navy controllers and retired and former controllers to maintain normal operations at Honolulu International Airport; however, some airline flights were delayed, and an air defense exercise was cancelled.

**Aug. 8, 1989** – From Aug. 8 to 13, the 15th Air Base Wing supported the third shuttle flight of the year, which was a classified mission by the Space Shuttle Columbia.

**Aug. 11, 1990** – Hickam's inaugural triathlon offered personnel an opportunity to demonstrate their physical fitness.

**Aug. 3, 1996** – The 15th Air Base Wing acquired an EC-135 aircraft to replace the C-135 which was retired in July 1996.

**Aug. 1, 2002** – On Johnston Atoll, the U.S. Army Chemical Activity, Pacific closed its colors, culminating three decades of safely storing, securing, transporting, and accounting for chemical weapons.

**Aug. 5, 2003** – Lt. Col. Mark Hostetter assumed command of Det. 1, 15th Airlift Wing at Johnston Atoll.

## SOLUTIONS, From B2



## Three Days Later



A comic strip about life as a military spouse.  
Copyright Julie L. Negron

**Hickam Little League baseball registration**

Today is the last day to register for the Hickam Little League Fall 2006 season. Boys and girls ages 6 to 12 can sign up at the community center from 9 a.m. to 6 p.m. There are three age groups and the cost is \$50. A current physical and proof of age is required when registering. For more information, call 448-4492.

**Back-to-School pre-teen dance**

Kids can show off cool new moves at the back-to-school pre-teen dance tonight from 6 to 9 p.m. Children ages 10-12 can meet up with old friends and get a jump-start on making new ones. Admission is \$3 at the door. For more information, call 448-2296.

**Officers’ Club First Friday sock hop**

Back in the 50s, teens took off their shoes to avoid scuffing gymnasium floors while dancing. But shoes are welcome at the Officers’ Club First Friday Sock Hop tonight in the Koa Lounge. Dance either the Mashed Potato or the Bunny Hop, but be there between 7 and 11 p.m. This is a Members Only event. For more information, call 448-4608, ext. 11.

**Beer tasting**

Ale, lager, draft, stout.

Sample the differences in hops and barley’s at the Officers’ Club Beer Tasting tonight from 5:30 to 6:00 p.m. in the Koa Lounge. Cards are required for this Members Only event. For more information, call 448-4608, ext. 11.

**Tailgate sale**

Discover some great bargains and hard-to-find items at the next Tailgate Sale Saturday in the Burger King parking lot from 7 to 10 a.m. For more information, call the community center at 449-2361.

**Hickam Car Show and Country Bazaar**

Rev ’em up, get crafty or just have a good old-fashioned time at the Hickam Car Show and Country Bazaar Saturday from 9 a.m. to 3 p.m. outside the Arts & Crafts Center, Bldg. 1889. This year, there’s a fresh twist in the items for sale. In addition to handmade arts and crafts, there will be lots of other gifts and retail items available including toys, clothing, home décor, flowers, plants, antiques, fundraisers such as cookbooks and lots more.

The car show features 1st, 2nd and 3rd Place prizes in the following categories: Stock, Modified, Interior, 4 X 4, Engine, Motorcycle, Paint plus one Best in Show Award and a special award for the best vehicle that used

the Hickam Auto Hobby Shop in the service and maintenance for the vehicle. Entering the competition is free. Also featured, is O’ahu’s only Auto Parts Swap Meet plus street racers, customs, classics, low-riders, motorcycles and other mean machines.

There will be great food, entertainment, youth activities, demonstrations and sponsor prizes. The general public is invited and may enter via the Kuntz Ave. Gate. No backpacks or coolers are allowed. For more information, call 449-1568, ext. 106, 101 Or 102.

**Captain Book pirate party**

Children who completed the Captain Book reading initiative at the library are invited to the party and awards ceremony at the Hickam Bowling Center Saturday at 10 a.m. Wear a pirate costume. There are even prizes for parents who wear one. For more information, call 449-8299.

**Fit ball workshop**

Get on the ball and stay on it. Learn how to safely and properly use a fit ball Saturday during this workshop from 11 a.m. to 1 p.m. The \$40 fee includes a ball and manual. For more information, call 448-2214.

**Sailboat checkout sale**

Sail away and save \$20 Sunday between 9 a.m. and 5

p.m. \$20 per person fee includes boat rental, safety gear and an instructor. Come out and enjoy this relaxing water sport. Spaces are limited. Call Hickam Harbor at 449-5215 for reservations and times.

**Rock the night away**

Youth Programs presents “Rock the Night Away,” a teen lock-in Saturday evening. There will be karaoke, dance revolution and lots of other activities. The cost is \$10 for Keystone members and \$15 for non-members. For more information, call 448-2296.

**Mixed couples tournament**

Pair up Sunday for the Mixed Couples Tournament at Mamala Bay Golf Course and you might just might win a prize. Second round times will be used beginning at 11:45 a.m. This is an 18-hole event with multiple formats. Sign up at the Pro Shop. The entry fee is \$15 per couple plus your daily green and cart fees. For more information, call 449-6490 or 448-2317.

**Mamala Bay greens aeration**

Mamala Bay Golf Course will be open for nine holes only Monday due to aeration of the front side greens. For more information, call 449-6490.

**Enlisted Club maintenance**

The Enlisted Club will be

closed for maintenance Monday. For more information, call 448-2271.

**FitLinxx orientation**

Learn to use the Fitlinxx system to maximize workouts. This free class at the Fitness and Sports Center is offered every Tuesday at 9 a.m. Space is limited. For more information or to register, call 448-2214.

**\$1.00 Bowling**

Pin down a super special every Wednesday at the Hickam Bowling Center. Bowl for just \$1.00 per game from 4 to 9 p.m. For more information, call 449-2702.

**Hike to Kailua Maunawili Falls**

Register by Wednesday for this short novice hike August 12 that leaves the Hickam Harbor Office at 9 a.m. and returns at 3 p.m. The hike winds alongside Maunawili Stream near Kailua. From the ridge lookout you can see clear across the Ko’olau Range and Kane’ohe Bay. The reward at the end of the trail is the lovely Maunawili Falls, cascading into a deep swimming hole. The fee is \$25. Be sure to bring/wear swim suit, towel, shoes, water, lunch and sunscreen. The hike requires a minimum of five people and can take a maximum of 12. For more information, call 449-5215.

**Open water kayaking at Kahana Bay to Kualoa Beach**

What makes this kayaking voyage from Kahana Bay to Kualoa Beach so unique is the exquisite view of the Pacific Ocean with the Ko’olau Mountains as the backdrop. Along the way, feel free to tie the kayak up and do a little snorkeling around the reef. Register by Wednesday for this August 13 excursion that requires a minimum of five people and can take a maximum of twelve. Bring water, lunch and sunscreen. The fee is \$40 per person. For more information, call 449-5215.

**Summer Jr. Golf Tournament**

Turn in registration forms by Thursday to take a swing at this August 12 tournament designed specially for junior golfers ages 7–17 at Ke’alohi Golf Course. The format is 18-hole individual stroke play and juniors will be paired by age. The \$15 entry fee includes green fees, prizes and sandwich lunch. Juniors are required to understand the basic rules and etiquette of golf to participate. The first tee time starts at 1 p.m. and the tournament is limited to the first 36 DoD authorized players and guests. For more information call 448-2318.



# Hickam bodybuilders place top three

By Kirsten Tacker  
Kukini Photojournalist

Master Sgt. William Ogle, Pacific Air Forces, 1st Lt. Laura Millar, Pacific Air Forces and 1st Lt. Lea Newman, Kenney Headquarters all placed in the top three at the Natural Hawaiian Islands Bodybuilding Championships + Ms. Fitness Hawaiian Islands on June 24.

They were all winners in a purely subjective, natural sport that seeks presentation, definition, muscularity, symmetry and a staunch diet that makes or breaks an athlete's success.

Lieutenant Millar won second in the Bikini Diva division and Lieutenant Newman won first place Ms. Fitness and second place in the Fitness Model Search division. Sergeant Ogle secured the overall.

"I won the overall, but it was a very small show, which is kind of par for the course on this island," said Sergeant Ogle.

Another reason participation may have been minimal was because it was all natural and the athletes do not use any body enhancing drugs. Each contestant gets tested the morning of the show for drugs.

"This show for me was basically a warm up," said Lieutenant Millar. "I had never been on stage before, so it was kind of like a practice. The big one I was focusing on a week later was the National Physique Committee show and I placed third."

That is a tough regimen two shows in two weeks since dieting and workouts change in intensity prior to competition.

"For a pre-competition diet it is a

high protein, low carbohydrates and you start upping your water intake," said Sergeant Ogle. "Within that is the aerobics, you definitely increase that prior to competition. Also, the timing of your meal intake is a factor."

Meals change to consume the majority of carbohydrates in the morning hours, so they burn the majority of those carbohydrates off throughout the day. Which is used as energy to keep muscles fit, but basically burning that off as to not hold onto a lot of body fat.

Scheduling workouts and preparing an eating schedule is all part of what it takes to be the top in their class.

"I have to schedule workouts, if I don't I probably wouldn't do them," said Lieutenant Millar. "Even now I pretty much workout the same. I was in the gym at 5 a.m., did my school work at lunch and went back to the gym at 5 p.m. On the weekends I have to plan workouts around school, it is doable you just have to plan for it."

Lieutenant Millar regularly works out 15 hours a week and double that before a competition all while completing her graduate school. Sergeant Ogle works out about 10 hours a week and double that prior to a competition all while having a family.

"It is my hobby, it is what I love to do," said Sergeant Ogle. "I started 20 years ago, it is kind of in my blood now and I followed the professional end of it. I went to the professional contests, like a football or basketball fan would."

When he was a young Airman he wanted to be a little stronger for



Photo Illustration by Amber Suddath

(Left to right) 1st Lt. Laura Millar, Pacific Air Forces, Master Sgt. William Ogle, PACAF, and 1st Lt. Lea Newman, Kenney Headquarters, lift weights at the fitness center.

playing football and consequently picked up a muscle magazine.

"I saw Shawn Ray on the cover of the magazine and I liked the way this guy looked," said Sergeant Ogle. "That is the way I wanted to look, to emulate the professional bodybuilders and it started from there."

He started competing in 1997 and won his first show. The first time he walked out on stage and heard girls screaming for him, that was it. He said he could walk around like that all day.

"I started simply and that is what

I tell everyone to do," said Lieutenant Newman. "I made a promise to myself in 2001 to get out there and do something for twenty minutes every day. I could walk, skip or jump, but I had to do something."

From there it naturally progressed for Lieutenant Newman into running a 10K and getting certified to teach step aerobics.

Lieutenant Millar didn't really start working out until she was in college.

"I was into fitness and ran track in high school, but one of my friends here at Hickam asked me how come

I never worked out with free weights," said Lieutenant Millar.

It was only six months ago Lieutenant Millar learned how to use free weights. It was Lieutenant Newman that suggested she think about competing and that is how she got into competing in bodybuilding.

"I had a lot of people at the office and at the gym asking how do you get to look like that?" said Lieutenant Millar. "I was kind of naïve before I started really training, but 80 percent of it comes from the diet, that is what a lot of people fail to realize."